

**Restylane Injection Procedure**

**PLEASE DO NOT EAT OR DRINK FOR TWO HOURS AFTER YOUR PROCEDURE**

You may resume eating and drinking at <time to begin drinking>. Once you are able to, sip plenty of clear fluids, avoid extremes of temperature, e.g. very hot or icy.

Your surgeon may advise voice rest for a period of 24-48 hours. During this time use a pen and paper to communicate. **NO TALKING**, shouting or whispering. Avoid coughing and clearing your throat – instead, perform an exaggerated swallow to clear irritation.

When the voice rest period is complete you can test your voice by trying to hum. If you can hum comfortably you may cautiously proceed to talking, if you cannot hum then do not attempt talking. You will need to conserve your voice over the next 7 days. Avoid singing, the telephone and projection of the voice for 7 days. Please note that the voice is often inconsistent for 7-14 days after surgery.

It is uncommon to have severe pain or limitation of swallowing once the anaesthetic has worn off. If you are very sore please contact us as below:

**If you have any concerns after your procedure, please contact the following**:

* Auckland ENT Group on 09 522 2226
* Dr J Allen – [jeallen@voiceandswallow.co.nz](mailto:jeallen@voiceandswallow.co.nz)
* Your Family Doctor / GP
* After hours – 24 Hour Medical Centre
* In case of an emergency – contact the Emergency Department at your

nearest Hospital